

JAX AIR NEWS

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NAS Jacksonville, Fla.

August 9, 2001

VP Sailors save two lives

By Lt. Kim Jagiello
and Lt. j.g. Chris Artis

When a crisis or emergency situation arises, it is imperative that those who are rendering aid remain calm and leveled-headed.

This technique will allow those on scene to accurately assess a given set of circumstances, decide on the most appropriate course of action, and act accordingly.

This is easier said than done. Often the scene of any emergency situation is chaotic and time is pressed.

On Sunday, July 1, Patrol Squadron (VP) 45's AN Donald Thompson, and VP-30's AWAN Nicholas Flemming and PRAN Brian Wertz were presented with just such a crisis.

While driving across the Buckman Bridge during the early morning hours of July 1, the three junior Sailors were suddenly passed by a vehicle traveling in excess of 120 mph.

The vehicle began weaving in and out of traffic, finally fishtailing, hitting a guardrail, and losing control. "We watched as both passenger and driver were ejected from the car as it rolled over and over," said Thompson.

Thompson immediately maneuvered his own vehicle in order to block the lane in which one of the victims lay, essentially using his car as a protective barrier for the two laying on the payment. Thompson, Flemming and Wertz wasted no time taking action.

One victim, a 20-year-old male, lay unconscious as Thompson attempted to evaluate the young man's condition.

Flemming rendered aid to the other accident victim, a 19-year-old female, who lay conscious but incoherent and obviously disoriented.

Wertz called 911 and directed traffic around the accident scene. Thompson, utilizing several years of medical training, administered first aid to one victim while simultaneously directing the efforts of Flemming.

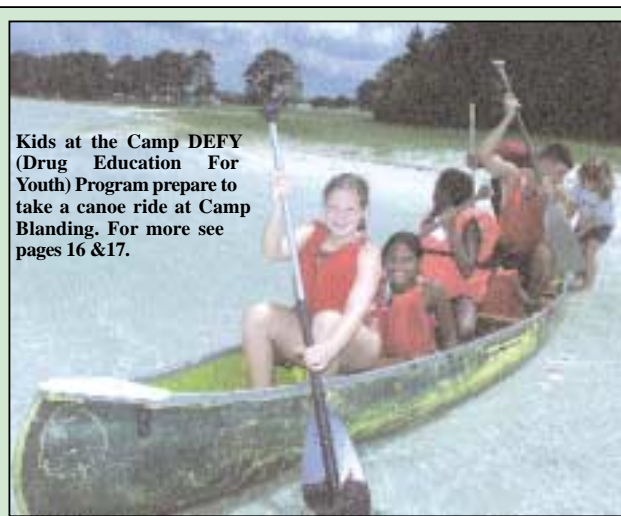
Both immobilized the victims to prevent additional spinal injuries and accessed and treated their wounds while preventing the onset of shock until more qualified help could arrive.

Sgt. Craig Harrison, an off-duty Mayport police officer, arrived to find that the three Sailors had managed to stabilize the two victims. "Upon my arrival, I could see that the three identifying themselves

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AWAN Nicholas Flemming, PRAN Brian Wertz and AN Donald Thompson.



Kids at the Camp DEFY (Drug Education For Youth) Program prepare to take a canoe ride at Camp Blanding. For more see pages 16 & 17.

Photo by PH2 Toiete Jackson

Ensor takes command of CPRW-11

By Lt. Rob Hartman
CPRW-11 PAO

Commander, Patrol and Reconnaissance Wing Eleven (CPRW-11) changed hands in a ceremony held Friday in the Jay Beasley Hangar. Rear Adm. Richard Brooks, Commander, Patrol and Reconnaissance Force Atlantic, served as the guest speaker.

During the ceremony, Capt. James J. Cardosi turned over the helm of CPRW-11 to Capt. Adreon Mark Ensor, who now oversees the 1,650 Sailors of the Wing staff, Patrol Squadrons (VP) 5, 16, and 45 at NAS Jacksonville and Fleet Air Reconnaissance Squadron (VQ) 2 in Rota, Spain. Cardosi will report to the Commander-in-Chief Pacific Fleet staff in Pearl Harbor, Hawaii as Training Officer.

During his tenure as Commodore from April 2000 to August 2001, Cardosi led CPRW-11 through demanding Inter-Deployment Training Cycles (IDTC) and



Capt. James J. Cardosi



Capt. Adreon Mark Ensor

deployed operations around the world including Operations Joint Guardian, Deliberate Forge, Northern/Southern Watch, Carib Shield, Caper Focus, and Inca Gold as well as real world prosecutions of Russian and Rest of World (ROW) submarines. He spearheaded the first deployment of VQ-2 to SouthCom AOR in over 16 years. His Wing also

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Saturday



75/90

Sunday



74/90

Seven-day forecast available at
Naval Atlantic Meteorology
and Oceanography Facility
Jacksonville's website:

<http://www.nlmof.navy.mil>

Meet a Sailor... YNSN Teri M. Delcarmen



Job Title: Typing Clerk

Hometown: Jacksonville, Fla.

Past Duty Stations: Recruit Training Command, Great Lakes, Ill.

Family Life: Single, one child

Career Plans: Working towards a nursing degree.

Most Interesting Experience: Boot Camp

Words of Wisdom: "Never give up."

Meet a Civilian... Gary Horton



Job Title: Sato Travel Consultant

Hometown: Jacksonville, Fla.

Past Duty Stations: Paris Island, Camp Pendleton, Okinawa, Vietnam, Camp LeJeune

Family Life: Married, 5 children

Career Plans: Hoping to retire sooner but, possibly later.

Most Interesting Experience: Watching our last two children being delivered by c-section.

Words of Wisdom: "Any day above the ground is a good one."

Over 5,000 advanced to CPO

WASHINGTON (NWS) -- Thousands of petty officers first class across the fleet recently received the good news that they will join the ranks of chief petty officers next month, thanks to the largest advancement opportunity in recent years.

Vice Adm. Norb Ryan Jr., Chief of Naval Personnel, released the results of the Fiscal Year 2002 active-duty E-7 selection board this week, announcing the selection of 5,455 Sailors for advancement to chief petty officer (CPO).

Advancement opportunity continues its upward trend, with 28.8 percent of this year's eligible candidates selected for CPO. This represents a 2.8 percent increase from FY01 and a 16.4 percent increase from 1996.

This year's E-7 selection board marked a Navy first. Early candidates, Sailors with a one year time-in-grade waiver with an "early promote" on their most recent evaluation, were considered by the board for the first time.

The board selected 42.8 percent of this year's early candidates for promotion to CPO.


After reviewing thousands of records, the board identified several top factors as the most important

characteristics for success in their selection. These factors included sustained superior performance in billets showing career diversity, documented leadership roles, strong evaluations and steady sea/shore rotation.

"These results indicate we are continuing to reward our top performers in higher numbers," said Ryan. "We are promoting the Sailors who are taking the hard jobs, especially at sea, and have proved themselves as leaders. I congratulate each of the selectees for achieving this important milestone in their careers."

For more information on the advancements, got to <http://www.persnet.navy.mil/pers8/p85/p852/pers-852.htm>.

Editor's Note: Look for a full list of NAS Jacksonville Sailors selected for advancement to Chief Petty Officer in next week's edition of "Jax Air News."

It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered Aug. 16-19 and Sept. 20-23. Sept. 14-18, Facilitators Training Retreat. For more information, or to register, call CREDO at 270-6958.

CREDO

Nominees sought

Clay Chamber to honor military members, spouses

From the Clay County Chamber of Commerce

Clay County is again seeking to recognize their military person, spouse and reservist of the year and needs your help. If you know of a resident of Clay County who is active duty, a spouse of an active duty person, or a reservist who is active in our community and deserves a pat on the back, let us know!

We would like to honor them as part of the 24th Annual Military Apprecia-

tion Luncheon at noon, Sept. 26.

Please contact the Clay Chamber at 1734 Kingsley Ave., 264-2651, for a list of the criteria and a nomination form.

Nomination forms can also be picked up at the Greater Jax USO Office at NAS Jacksonville and Orange Park Comfort Inn. Deadline for nomination applications is Sept. 5.

Tickets for the luncheon are available at the Chamber for \$25. Call 264-2651 for sponsorships and additional information.

JAX AIR NEWS

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or comments can be directed to the editor. The *Jax Air News* can be reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the *Jax Air News*, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

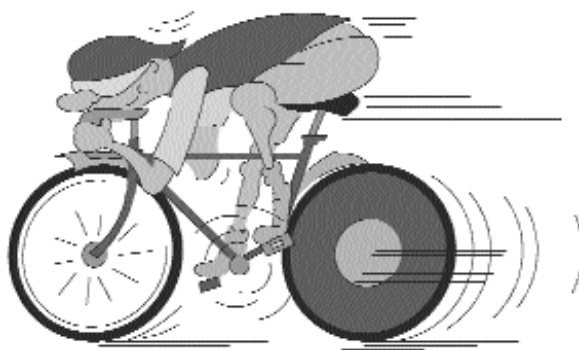
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All Hands, Command Fitness Leaders Jumpstart your fitness regimen

Prepare to be motivated about Fitness and Nutrition with Anthony Trupiano. This presentation will be the best 45 minutes you spend. It won't be about motivational fluff, but instead solid techniques and exercise.



Where: The NAS Base Auditorium on Jason St.

When: Aug. 27, 10 a.m.

Questions: Contact Lt. Johnson at 542-5292 ext. 13
or @ n_j_johnson@sar.med.navy.mil



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CV-TSC Ashore completes Advance All-Sensor Analysis Training

By FC1(SW) Anthony Glossenger
CV-TSC Ashore PAO

Advance All-Sensor Analysis Training (AAAT) is an in-depth refresher course for members of the AW rate.

Tim Morrill and Bob Ramsey of Summit Research, in conjunction with Commander Patrol and Reconnaissance Wing (CPRW) 5 (Brunswick, Maine), held AAAT at the Carrier Tactical Support Center Ashore from July 16-20.

This team provided training in Advanced Submarine Acoustics, Magnetic Anomaly De-

tection (MAD), Radar Theory, and Inverse Synthetic Aperture Radar (ISAR) interpretation. The 13 personnel participating turned in an impressive course average of 91 percent. As a tradition, the member turning in the highest overall average is presented with the coveted AAAT patch.

This year's recipient of the patch was CV-TSC Ashore's AW1 Howard T. Dove, who scored a 93.5 percent average.

As a direct result of this training, the operational readiness of this command as well as the fleet has raised to a higher level. Job well done by all involved.

CV-TSC Sailor selected to advance to CPO

By FC1(SW) Anthony Glossenger
CV-TSC Ashore PAO

Carrier Tactical Support Center (CV-TSC) Ashore takes pleasure in announcing AW1(AW/NAC) Roberto Ramos was select-

ed to advance to the rank of Chief Petty Officer. Ramos is a 19-year veteran, who has completed tours with Sea Control Squadrons 24, 27, and 28. Cmdr. David Ruth, CV-TSC Ashore OIC, congratulated Ramos and all the personnel who have been selected.



Cmdr. David Ruth presents AW1 Howard Dove the coveted AAAT Patch.

Military retiree, Veteran Affairs Website offers useful information

By Bob Hurley

SecNav Retiree Council Member

There have been a tremendous amount of changes to benefits and entitlements for military retirees and veterans during the past year.

Military retirees and veterans and their family members need to put forth a concerted effort to keep themselves aware of their benefits to ensure that they don't miss out on what they are entitled to receive.

There is a Kings Bay Area Retiree/Veteran Information Section on the Internet at: <http://www.subasekb.navy.mil/retiree.htm> that has a myriad of news, numbers and up-to-date information available.

This info will be updated periodically, so be sure to add it to your Internet "Favorites" and check it occasionally to see what's new.

The website includes a Personal Affairs Log that you can copy and tailor to meet your own specific needs.

Take the time to fill it out completely, put it with all your important papers,

then make sure your survivors and executor of your Will know where it is and have access to it upon your death.

In addition, a Casualty Assistance Check Off (CACO) List has been included that can be used by survivors in case of the death of a military retiree.

Keep in mind that your survivors may be entitled to benefits upon your death, *But nothing comes to them automatically!*

In order to receive benefits, your survivors must fill out proper claim forms and provide documents such as discharge, death, marriage, birth, divorce certificates in order to receive those benefits.

Your survivors will be thankful that you were thoughtful enough to lighten their burden at that difficult time, by providing all this information and guidance.

Visit the new Website and give Bob Hurley some feedback on what you think about it. You can reach Bob by phone at (912) 673-4509 or via e-mail at: rhurley@subasekb.navy.mil.

VP: Squadron Sailors save two

Continued from page 1

as first responders knew exactly what they were doing. Confident that the accident victims were in good hands, I called for backup and helped direct traffic," Harrison said. "By remaining calm, combining efforts, and working together as a team, the three young Sailors were able to bring order to a tragic accident scene and help save the lives of the two victims."

Maintaining a collected thought process, Thompson took charge of the ac-

cident scene, accurately assessing the situation and appropriately delegating responsibilities to both Flemming and Wertz. Working together, these Sailors took a course of action that stabilized the situation and greatly contributed to saving the lives of two very fortunate civilians.

The Navy's Maritime Patrol Fleet is proud of Thompson, Flemming and Wertz and their contributions July 1. As a result of their decisiveness and skill, both of the accident victims are alive and well today.

Physical Security opportunities available

From Naval Media Center

The Navy is in search of motivated, safety-conscience Sailors to fill physical security naval enlisted classification (NEC) 9545.

Physical security specialists, open to all E-6s and below, except HMs and DTs, are stationed around the world, as well as at all naval installations stateside.

The majority of the overseas activities are Type 3 (sea duty for rotation purposes), so a Sailor can begin, complete or continue sea duty in this program.

Physical security specialists can expect to be involved in almost every facet of law enforcement.

The training for assignment as a

physical security specialist takes place at Lackland Air Force Base, San Antonio. While attending the six-week joint service school, Sailors are taught various law enforcement techniques, ranging from weapons handling to driving skills to crowd control. Upon graduation, Sailors earn the 9545 NEC, and are sent to their physical security specialist assignments.

Sailors who are interested in an assignment in law enforcement should talk to their command career counselor, or contact the physical security detailers at DSN 882-3863, or (901) 874-3863.

For more information, including eligibility requirements, go to the physical security web site at <http://www.bupers.navy.mil>.

NAS Jax shows support at Annual Veterans Stand Down

By JO2 (SCW) Eric T. Clay
Staff Writer

The City of Jacksonville held their annual Veterans Stand Down at the Greater Jacksonville Aquicultural Center and Fairgrounds last Saturday.

The Stand Down was open to all veterans and their families requiring emergency or immediate assistance, especially those that are homeless or at risk of becoming homeless. A larger portion of our neighbors than one might imagine. The latest figures show that there are about 3,000 homeless in the Jacksonville area on any given day and about 25 percent of these are veterans. The Stand Down served approximately 127 clients this year.

The goal of the Stand Down was to provide a one-stop outlet designed to help the veterans return to a more independent state of living. Representatives from several organizations were on hand to provide access to veterans' benefits, to administer medical and dental examinations as well as eye and hearing tests, and to provide information on shelters and housing availability. Other agencies



Members of the Naval Hospital Jacksonville Family Practice Clinic administer PPD shots.

offered employment opportunities and job listings as well as guidance on debt management and legal assistance. Red Cross representatives were at the Stand Down giving out hygiene products and snacks to the veterans. Haircuts, showers and donated clothing were also of-

fered the veterans. And both the veterans and the volunteers were provided a continental breakfast and lunch.

Several volunteers from NAS Jax shared their knowledge and support. Many of them have volunteered at the event before and feel a special bond with the veterans.

DT1 Wanda Simmons said, "These homeless veterans are near and dear to my heart, I've volunteered for this event for the last three years. Unfortunately this is my last year to participate because I'll be transferring."

Naval Waterfront Brig Jacksonville volunteers assisted in conducting interviews of the veterans to ensure that they receive proper care. LT2 (SW) Heather Ewton said, "I am very sad to see people that served our country ending up homeless." The Branch Dental Clinic provided food and dental assistance while the Naval Hospital Family Practice Clinic assisted with diabetes testing and PPD shots. HM2 Adolph Herrera said, "I'm having a great time; the

veterans did their time to protect us and we should be here to support them as well."

Jennifer Carroll, executive director, Florida Department of Veteran's Affairs was also on hand for some one-on-one time with the veterans. Carroll said, "The homeless veterans issue needs to be seriously addressed by all public services." She added, "The solution to this issue, so far, has only had a band-aid effect. More needs to be done to provide transitional housing for our veterans, to better assess their needs and to help re-instate them into the work force." Carroll also said the issue isn't just limited to male veterans. She noted that her agency is seeing a greater number of WWII female veterans in the homeless situation. Carroll said the issue of homeless veterans is one that all Americans should be concerned about as a matter of conscience and one that requires the involvement of both government and non-government organizations to solve. "We can't help everybody but we can help the 90 percent out on the street," she said.

For more information on how you can help homeless veterans contact the City of Jacksonville's Veterans Service Division at 630-7282 or Suite 175, 117 West Duval Street (First Floor of City Hall).



Dr. Norman W. Sliwa provides dental treatment to the homeless veterans.



Valuable volunteers come from all age groups as demonstrated by Alex Rumanes, daughter of Capt. Kimon Rumanes and Tiana Simmons, daughter of DT1 Wanda Simmons, shown here conducting interviews for the homeless veterans.



Capt. Kimon Rumanes and DT2 Chris Kuntz volunteer by cooking hamburgers and hotdogs for the homeless and volunteers.



Jennifer Carroll, executive director, Florida Veterans Affairs, speaks with a homeless veteran.

Getting the word out

Relief society helps Sailor repair budget

By Jeff Hilton

Staff

Twice within two months, George Berteska needed car repairs that he couldn't afford. Last April he needed new CV joints in his 1996 Toyota Camry. In June the Camry needed brake work. Berteska, a PN2 at PSD Jacksonville, had a 20-mile round-trip getting to work from Orange Park. To make ends meet, at secure time he jumped into civilian clothes to deliver pizza and put another 80 miles on the car each night. Getting his car fixed was critical.

While he was hesitant to visit Navy and Marine Corps Relief Society (NMCRS) just a few blocks from where he worked, his family's finances needed some short term first aid. Berteska said his reluctance to visit NMCRS came from an incomplete knowledge of how the society helps Sailors and their families.

"It was the car repair. All our other money had to go to bills," said the nine-year Sailor of the first event that led him to NMCRS volunteer counselor, retired Master Sgt. Dick Maney, who goes by 'Sarge'.

To fully understand his financial status, 'Sarge' developed a budget with Berteska. The process quickly outlined ways he could improve his budget. With the budget established and a copy of the repair invoice, 'Sarge' saw that Berteska received a check made out to repair shop for the new CV joints. Since it was a loan, not a grant, 'Sarge' helped Berteska established an allotment to NMCRS to pay off the no interest loan structured to fit within his budget.

NMCRS prioritizes service to clients based on "needs" and "wants".

For the society, the spouse of a deployed Sailor with a broken water heater "needs" the repair. The society views expensive luxury items as "wants". Bennett said Sailors who fall behind paying for luxury items will receive budget help and referrals to other resources but should not expect

NMCRS to bail them out of debt with a loan. These Sailors will be strongly encouraged to tighten their budgets to meet "needs" and defer "wants" until their finances have improved. Bennett stressed each case is viewed on its own merits. The society encourages any Sailor or dependent spouse to visit NMCRS as early as possible when they see financial problems arising.

"I was apprehensive about going back a second time," he said when the Toyota needed brakes in June. Since the society considers each case individually, he found, "It (the April loan) didn't have any bearing on getting assistance."

Volunteer counselor Karen McCormick helped him this time. She reviewed the budget developed in April. "Every time you go that's the first thing you do," Berteska said.

NMCRS staffer Diane Bennett said a budget review, even after just two months, gives counselors a fresh picture to objectively consider the new request and see if clients have pursued recommendations made during previous visits. Showing a detailed budget to many clients is, "an eye opener," Bennett said.

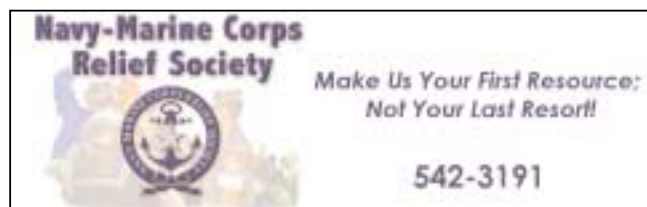
Like his first visit to the society, the budget review and a copy of the estimate for brake work enabled him to get a check to cover the repairs. Berteska now has two allotments to NMCRS to repay the interest free loans.

Both visits showed him he could improve his financial picture. "They helped me negotiate with a credit card company to get my rates lowered."

Berteska also learned he was having too much withdrawn in payroll taxes each month. Revising the number of deductions he claimed now provides money he applies toward bills.

Berteska knows much more about money management and the society's mission now.

With society help, Berteska said he's on the road to better financial management. "It's a comfort to know that it (NMCRS) is always there," Berteska said.



Couple shares sport that gets to the point

Story and Photos by Jeff Hilton

Staff Writer

Bryan O'Hagen took up fencing as a high school freshman in Centereach, N.Y. It was the sport his father and sister, Karen, enjoyed.

By his senior year, he was the 1988 Empire State Games Senior Open fencing champion with his favorite weapon, the saber.

O'Hagen enlisted in 1994 and became a Radioman in 1996. Now an Information Systems Technician First Class with two warfare pins, he tends to the computers of Commander, Helicopter Antisubmarine Light Wing Atlantic at NAS Jacksonville.

For career reasons his pursuit of the thrust and parry sport was on hold until three years ago.

Since returning to the sport, he was



Byran and Jessica O'Hagen are gold medal winners in their favorite sport.

the only Sailor representing the Navy in the 1999 Armed Forces Championship. He's also the 2000 and 2001 Sunshine State Games Open Saber champion.

His wife of four months, Jessica, has

also taken up fencing. While they were dating, Jessica often watched Bryan practice and compete. "After a year of watching, I said, 'I can do that.'"

When sharing her new interest with her family, her mom replied, "Your doing what? You know you have no hand - eye coordination." Jessica calls her mother's reaction a, "Thanks, Mom" moment. Jessica can laugh about it now. After winning the Women's Open saber at the Sunshine State Games in 2000 and 2001 her family learned she has lots of hand - eye coordination.

Fundamental to fencing are three weapons - épée, foil and saber. The O'Hagen's practice with each sword but primarily compete with the saber.

Fencers are protected from head to toe with a helmet, lamé or upper garment, gloves, trousers and shoes.

Jessica explained competition scoring as either "dry or wet". "Dry" scoring is held by judges alone. Wet scoring involves judges and electric scoring. Fencers competing "wet" wear a mask and lamé that conduct low voltage. Swords also carry low voltage. Electric scores are made when a fencer's sword touches an opponent. "All you try to do is complete the circuit," said Jessica.

While competition calls for three,

three-minute rounds, both say their sport provides a tremendous workout. "Fencing depends on leg strength, balance, quickness and aerobic capacity," Bryan said. Jessica finds practicing leaves her feeling energized.

As newly weds, they deal with issues common to couples just starting out. "Contrary to popular belief, we don't settle arguments with the sword," Jessica laughed.

Bryan said their common goal is, "to be training for top level competition," including making the Olympic team. They both practice with a club at Florida Community College Jacksonville. Brian commutes to Gainesville, Fla. on Fridays to practice with a private coach.

Jessica is quick to say Bryan is the better fencer.

Bryan's reply? "If she gets there before me, more power to her."

Bryan is eager to share his interest in fencing. "I'd be more than happy to start a program at the base gym," he said.

Bryan is keeping his Navy options open. He's very interested in the recently established Information Professional community, the fleet's space

See Fencers, page 12

'Nightdippers' attend Desert Rescue - Nine

Lt. Bill Urban
HS-5 PAO

In preparation for a challenging, upcoming deployment, Helicopter Anti-submarine Squadron (HS) 5 took advantage of a valuable training opportunity by sending pilots and aircrewmembers to the Naval Strike and Air Warfare Center (NSAWC) at Fallon, Nev. While there, they participated in the joint/multi-national exercise Desert Rescue-Nine from June 16-26. The "Nightdipper" team sent nine pilots and 12 enlisted aircrewmembers (AWs) to the ten-day exercise which included exercise flights, training flights, lectures on Combat Search and Rescue (CSAR) planning, evasion planning, and intelligence capabilities of the Joint Services Rescue Center, to name a few. Desert Rescue also provided invaluable training in numerous realistic threat environments,

enhancing our mission effectiveness and pilot proficiency.

While the lectures were outstanding, the flying was even better. Not only did the "Nightdippers" have to contend with hot temperatures and mountainous terrain, they had to face some of the best radar operators in the world. During exercises on the electronic warfare range, the "Nightdippers" practiced evasion techniques against various threat systems that could be encountered in a real-world mission. HS-5 also participated in joint and multi-national CSAR exercises with Air Force A-10 Warthogs from the Massachusetts Air National Guard providing rescue escort, USMC F/A-18 Hornets from Miramar, Calif. acting as rescue mission coordinators, and both British and Italian ground personnel. The aircrewmembers also conducted gunnery ex-

ercises with the M-60 machine guns provided by NSAWC, using them to practice "putting a few rounds down range" on some old tanks and other designated ground targets.

The "Nightdippers" left Fallon, and NSAWC pleased with the valu-

able training they had received and confident that it would pay large dividends in the future. HS-5 appreciated the great support it received. The opportunity for concentrated training was vital to the detachment's success.



A "Nightdippers" helicopter in flight over the Fallon Nev. range.

CPRW-11: Ensor takes command

Continued from page 1

supported three Joint Task Force Exercises (JTFEXs) and preceding Carrier Battlegroup work-ups.

Cardosi worked aggressively with Functional and Type Wing Commanders to ensure adequate IDTC resources, including aircraft, sonobuoys, and weapons, were available for training. His squadrons consistently met Force Commander's readiness goals.

Cardosi supervised the introduction of the P-3C Aircraft Improvement Program (AIP) into the North Atlantic AOR and the EP-3E Sensor System Improvement Program (SSIP) into the EUCOM AOR. He advanced several far-reaching tactical initiatives in the areas of littoral warfare, Naval Surface Fire Support (NSFS), Extended Echo Ranging (EER), employment of Counter Drug Update (CDU) aircraft, Specific Emitter Identification (SEI), and Standoff Land Attack Missile-Expanded Response (SLAM-ER).

Under Cardosi's leadership, Wing 11 squadrons have earned various awards. In recognition of Cardosi's performance, he was awarded the Legion of Merit, presented by Brooks at the change of command ceremony.

Raised in Rockville, Md., Ensor graduated from the U.S. Naval Academy in 1979 and was designated a Naval Aviator in April 1981. Assigned to VP-19 from January 1982 to March 1985, Ensor participated in two WestPac deployments.

In March 1985, he reported to VP-31 as an Instructor Pilot. Following this tour, he attended Tactical Action Officer School and reported to the Staff,

Commander, Carrier Group One in January 1988 where he served as the Flag ASW Officer (VP). He deployed with Commander Carrier Group (ComCar-Gr) One and Battle Group DELTA on one WestPac/Indian Ocean cruise and PACEX '89.

Following attendance at the Aviation Safety Officer School in Monterey, Calif., Ensor served as the Safety/NATOPS Officer on Staff, Commander, Patrol Wing Two from June 1990 to June 1991. From June 1991 to January 1993, he served in VP-22 as Safety/NATOPS Officer and Maintenance Officer with operational deployments to Misawa, Japan and Diego Garcia. During the Diego Garcia deployment, Ensor served as Commander, Task Group 150.7 in support of the United States Central Command during Operation Desert Storm.

In January 1992, Ensor reported to the Aviation Warfare Assignments Division of the Bureau of Naval Personnel serving as the Aircraft Carrier Placement, Carrier Group Placement and Aviation Placement Branch Head.

In June 1995, he reported to VP-30, where he served as the Executive Officer of the "Pro's Nest." In June 1997, Ensor reported to VP-5 as Executive Officer and assumed command of the "Mad Foxes" in June 1998. While in command, VP-5 deployed to Sigonella, Italy and won the Battle "E" for 1998.

In July 1999, he reported to the Staff, Commander, Patrol and Reconnaissance Force, Atlantic as the Assistant Chief of Staff for Training until April 2001.

Ensor and his wife, Cathleen, have two children, Michael and Katie.

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archives online.**

www.nasjax.navy.mil/JAX_AIR_NEWS/home.htm



Fencers: Gold medalists

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technology, information, command and control experts. In January he will take the Chief's test as a Limited Duty Officer candidate.

Lt. Blake Eikenberry, O'Hagen's division officer, has watched him compete. "It's a very impressive sport. It's lightning fast," said the lieutenant. Professionally, Eikenberry said, "He does a great job of keeping the wing and five squadrons PCs' running. He is very talented and can get a job anywhere he wants."

The couple attends school several

nights a week. Jessica wants to be a paralegal. Brian is taking information technology courses.

Much of their time away from work or school is spent in practice or competition. "Sometimes we're gone every weekend," Jessica said.

When they compete, whoever is not on the 6-x-40 foot copper strip is watching the other's technique and providing encouragement.

The activity they shared while dating is now something they continue to enjoy. Jessica puts it this way, "He is my coach, husband and friend so I pretty much have it all."



Jessica attacks with a thrust while Bryan defends wi

Hey, Money Man!



Hey, MoneyMan!

I attended an indoc last week and the guy from the credit union told us that we would all be rich if we saved \$100 per month. That's just \$50 a payday and it sounds pretty easy. But if it is so easy, why doesn't everyone do it? Sounds fishy to me!

MoneyMan Sez:

It kinda depends on "what is rich?" But the idea is correct and the best answer to "why doesn't everyone do it?" is because either they haven't been told or they didn't take action when they were told. Take advantage of this "new knowledge" and give it a try. If you are 20 years old now and you invest \$100 per month (with an average return of 10 percent) until age 40, you will have saved \$75,600; keep it up until age 50 and it will be \$217,100. Invest until age 65 and it will be \$948,900. Rich? I don't know, but for sure you will be way ahead of your buddies who do not do it!

More questions? Call Hey, Money-Man! at 778-0353.

Keep NAS clean

It is home and workplace for nearly
25,000 Sailors, Marines and
civilians

NAVY NEWS

RDC duty pays in many ways

GREAT LAKES, Ill. (NNS) — Not many Sailors would jump at the opportunity to return to boot camp. However, some Sailors realize that returning to Recruit Training Command (RTC) Great Lakes as a recruit division commander (RDC) offers a great set of benefits that includes a once-in-a-lifetime experience to shape the future of the Navy.

"A lot of people thought I was crazy to come back here as a twilight tour," said Boatswain's Mate 1st Class (SW/AW) Robert Nobles, who is preparing to start his second tour as an RDC. "But I love this job. The rewards outweigh anything else."

The job includes a host of perks, including preferential housing and childcare, special-duty pay, free dry cleaning and an annual uniform allowance. Perhaps the biggest long-term benefit is the experience, which pays huge dividends in career advancement.

"You are in a leadership position in this job," said Senior Chief Fire Controlman (SW) Andrew Gibson, currently on his second tour as an RDC. "When I go back to the fleet, I feel that I am so much further ahead of my counterparts."

RDCs are perhaps the only Sailors who get to mold a large number of civilians into Sailors. In a three-year tour, an RDC will personally train more than 1,000 Sailors for the fleet.

Every RDC who completes a 36-month tour and trains at least five divisions receives the Recruit Training Service ribbon. Some RDCs say they were motivated to step up to the challenge of the job after hearing various complaints in the fleet.

"Instead of being part of the problem, we can be part of the solution," said Aviation Storekeeper 1st Class (AW/SW) Lucy Alexandrie, who is in training to be an RDC. "I think this is a very rewarding job, knowing that I can take part in what goes out to the fleet."

It is not easy to qualify as an RDC. Candidates must have a warfare qualification and are expected to be in top physical shape. The commanding officer and command master chief at the RTC personally screen each RDC candidate.

Once each RDC completes a tour, the advancement benefits pay off almost immediately. Sailors with Navy enlisted codes (NEC) for RDC advance at higher percentage rates than their counterparts competing on E-7, E-8 and E-9 boards.

For instance, in fiscal year (FY) 2001, at the E-9 level, those who have served as RDCs advanced at 35.2 percent.

Forty percent of eligible candidates who served as RDCs were selected for chief petty officer, compared to about a 25.5 percent fleet wide. For E-7, RDCs advanced at 16.2 percent, compared to a 11.9 percent rate fleet-wide. All eight RDCs who put in officer packages in FY01 were selected for commissions.

RDCs continue to enjoy some benefits after they leave the job. Following a stint at Great Lakes, RDCs are given special consideration for their next assignment. The experience can also pay off after a Navy career is over.

"There are people in the civilian world who get a lot of money for doing stuff like this," Nobles said.

Being an RDC can be one of the toughest jobs in the Navy. In addition to developing the recruits, the RDC is also challenged to sharpen his or her own skills as a leader, counselor, instructor and manager.

The RDC also conducts more counseling daily than most jobs in the Navy. Some of the RDCs returning for a second tour have already seen the results of their first tour as an RDC in the fleet.

"I've been on ships and a Sailor will walk up to me and thank me for being his RDC," said Senior Chief Aviation Structural Mechanic (AW) Stanley Anasarias. "It's very rewarding to see them improving themselves. We're part

of that process and it starts here."

The Navy needs more RDCs to accommodate the flow of recruits into Great Lakes. In 1999, the Navy had a need for about 710 RDCs. That number increased by 18 in 2000. Great Lakes can handle 19 recruit divisions per week, with a maximum capacity of more than 16,000 recruits.

The hours are demanding. The RDC spends an average of 126 hours each week with the division. Prospective RDCs take a second trip through boot camp during their rigorous 13-week training.

Classes have anywhere from four to 50 students. The average number of an RDC class is 15. At the end of training, the trainees are awarded the red rope and badge of the RDC.

Following training, each RDC is paired up with a veteran RDC. This allows the rookie RDC to learn what is expected prior to taking control of a recruit division.

For more information on the RDC program, go to <http://www.ntcgl.navy.mil/rtrcdc.html>.

Making sense of the Common Access Card

WASHINGTON (NNS) — As Aviation Electronics Technician 2nd Class Eric Emenhiser recently lined up inside a hangar at Naval Air Station Patuxent River, Md., to receive his Common Ac-

cess Card (CAC), he couldn't help but be a little apprehensive.

In order to get his new identification card, Emenhiser, would need to give up his familiar green military

identification card before leaving for his next duty station at Keflavik, Iceland.

"I was very nervous," Emenhiser said. "Sometimes change is good. Sometimes it doesn't make any sense."

Making sense of the CAC has been difficult at times. Ongoing computer network and server problems have caused delays in the issuance process across the country. Officials concede that the new card currently offers no additional capabilities, but they expect the developing technology behind the CAC will enhance the card's capabilities in the future.

So far, 28,000 CACs have been issued. The CAC is only being used for access to military bases, but several new features are expected in the near future.

According to Rob Carey, director of the Department of the Navy Smart Card Office (DONSCO), in the future the card will allow encryption of e-mail, digital signatures, access to secure Web sites and the use of a number of new Navy applications.

"We are not only issuing a new ID

Continued on page 14

Continued from page 13

card, we are issuing a card that acts as a computer," Carey said. "This card is your passport to the e-world."

Individual stations will be able to choose what features of the card to use. According to Carey, the big push for CAC within the Navy is to support the security features of the Navy Marine Corp Intranet (NMCI).

After CAC is issued Navy-wide, the

technology will be used to improve business processes, information assurance, mission effectiveness and quality of life.

As a result of the card, Naval Training Center Great Lakes, Ill., has seen significant cost savings, improved accountability for food services and recruit functions, and significant positive effects from streamlining their business practices.

Other "smart card" applications in

use include food service, warrior readiness, manifest tracking, and weapons issuance.

"As the chip technology expands, the limits for new applications are boundless," Carey said.

The CAC features three forms of technology: the magnetic strip, the bar code and the computer chip.

"As we migrate into a chip-based environment the need for the current magnetic strip and bar code will diminish,"

Carey said. He added that, as chip technology develops, the Department of the Navy's plan is to use the CAC card as an access token to data, not as a storage card.

"The only information that will actually be stored on the card will be basic demographics and unique personnel benefit entitlements," Carey said.

For more information about the CAC, go to <http://www.doncio.navy.mil/focusareas/smartcard>.

Jax Tales

By Mike Jones - mikejones43@hotmail.com



COMMUNITY CALENDAR

The Retired Officers' Association of Northeast Florida will hold their monthly Dinner/Business Meeting aboard NAS Jacksonville Aug. 15 at "The Zone" All Hands Club (NW corner of Saratoga Avenue and Jason Street). Dinner begins at 7 p.m. Active and retired officers of the uniformed services, spouses and their guests are invited. Guest speaker will be Rear Adm. Jan C. Gaudio, commander, Navy Region Southeast. Advanced reservations are required 48 hours prior to the meeting to the reservations chairman. Call 269-2942.

The U.S. SubVets Kings Bay Base/WWII Trident Chapter will hold a meeting commencing at 6 p.m., Aug. 15 at the St. Marys Submarine Museum, located downtown at the waterfront in St. Marys, Ga. Call (912) 882-ASUB for details.

The 3rd Annual Beach Extreme Adventure Race will be held on Aug. 25 at 7:30 a.m. with the start and finish at Hanna Park. This challenging team race combines mountain biking, off-road running, hiking, open water paddling orienteering, climbing and ropes challenges, a brief team-swim and various mystery events. A military team division with its own set of awards as well as a discounted entry fee for two and three person teams are avail-

able. Deadline for discounted registration is July 29. Military teams must register through MWR Mayport in order to receive the discount. Applications are available at the base gym. Applications should be turned in to the MWR Marketing Director in Building 414, second deck. Call 270-6012 ext. 111 for information. To volunteer to assist at this event call John Pretzel at 221-8992 or 285-1552.

Start an AMVETS Chapter — Veterans of Clay, Duval, Bradford, Nassau and St. Johns Counties are invited and encouraged to start an AMVETS Post in your community. Unite with fellow veterans socially and to service other veterans. It takes only 10 members to get started. All veterans including active duty members may join. AMVETS District XV Commander, Bill White will assist you in every way until you are on your own. Call 352-473-2369 for information.

Take part in The Leukemia & Lymphoma Society's Northern Florida Team in Training (TNT) program. Experienced TNT coaches train thousand to compete in major marathon or century rides and the money raised will go towards the fight against the #1 disease killer of children. Teams are currently being recruited for the Walt Disney World Marathon on Jan. 6 and the Bermuda

Marathon on Jan. 20. Receive more information or join the team scheduled informational meetings set for: Claude J. Yates YMCA, 221 Riverside Ave., Aug. 14, 6 p.m. and the Leukemia & Lymphoma Society, 9143 Phillips Hwy., #130, Aug. 15, 6 p.m.

The Navy Wives Club of America, NWCA Jax #86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call 772-0242 or President Barbara Howard at 471-1444.

The First Coast Black Nurses Association will hold its local meeting Aug. 13 at 6 p.m. in the Mandarin Branch Library, 330 Kori Road in Jacksonville. For information call Dorothy Banks at 542-7748/7432 or Juanita Harper at 886-7393.

Advanced Bow Hunter Course - Hunting season is once again upon us. For those avid hunters out there, an Advanced Bow Hunter Course is being offered. Bow hunters must have this course before they can hunt. A class will be offered at North Florida Archer from 9 a.m. to 5 p.m. on Aug. 25. To register or for information call 542-2662/3 and ask for Lt. Harriel.

VP-11, NAS Brunswick, Maine, will host its Reunion Sept. 7-9. Contact Capt. E.M.

Brittingham for information. His mailing address is 45 Malvern Ave., Apt. 1, Richmond, Va. 23221, phone number is (804) 342-8070.

American Legion Post 373 is having a Renewal Party Sept. 8 in the parking lot of Buffalo's Lil' Bambino's, 1241-21 Blanding Boulevard, Orange Park, Fla. Legion members will be cooking hamburgers from 11 a.m. to 6 p.m. Members are encouraged to come out and renew their dues (\$20) and enjoy the food. The event is open to all veterans in Clay County and anyone that wants a hamburger. The restaurant is donating a dollar to Post 373 from every burger sold. Proceeds will benefit the post's building fund. Call Bill Barkett at 282-3218 for information.

The 30th Annual Riverside Arts Festival is Sept. 8 and 9 at Riverside Park in Jacksonville. Sponsored by Riverside Avondale Preservation, the weekend festival features 130 artists in many mediums; oils, watercolors, glass, metal, clay and photography. Center Stage will feature a diverse group of entertainers performing reggae, rock 'n' roll and folk music. Also on hand will be the highflying Frisbee dogs and the Society for Creative Anachronism performing Elizabethan reenactments. There is also a Children's Fun Zone where kids can express their own creativity. Bus tours of the historic district are available. And on Sept. 7, a kickoff party called "A Taste of Five Points" will again take place in the areas shops, restaurants and galleries.



Courtney Kilday makes way with the ball during a water sport at Camp Blanding.

Photos by PH2 Toiete Jackson

'An awesome experience'



During an exercise about teamwork, Troy Snoddy with his teammates, work together and save a stranded person from an alien monster during an exercise called "The Landing Zone."



A member of NAS Jax Crash and Rescue Crew talks to the DEFY members about actions they take during an emergency.



By PH3 Chantel Chapman

It was a proud day for parents, kids, and the numerous volunteers around Naval Air Station Jacksonville, as they gathered at the Naval Reserve Center recently for the DEFY (Drug Education for Youth) program graduation, hosted by Cmdr. David Taylor, executive officer, Patrol Squadron (VP) 30. The program, initiated in 1993 by the Secretary of the Navy, is ran by 25 volunteer staff members from around the base. It is an eight-day-long, program for kids ages 9-12, designed to give kids the tools they need to resist drugs and develop positive social skills.

During Phase 1 of the program, the 47 kids engaged in physical fitness training, took educational field trips, and participated in the President's Fitness Challenge.

"The program is a learning curriculum, which gives the kids tools to be leaders," said camp director and five-year veteran OS1 J. J. Johnson, from Fleet Air Control and Surveillance Facility Jacksonville. "It reinforces what they need to survive in a tough society."

The second phase of the program is designed to reinforce the concepts and training received in Phase 1. During the school year, mentors and staff provide positive support during group

mentoring sessions and interactive workshops.

"Phase 2 is designed to continue what was learned in the program," said HMCS Tim Bentley, Drug Task Force, Washington, D.C. "It teaches kids how to be leaders, develop study skills, and how to avoid violence."

"It takes a lot of courage for kids to stand up to drugs," said Taylor, who strongly supported the DEFY program. "Volunteerism is what's going to win the war on drugs."

"DEFY would have not gotten off the ground if it weren't for the parents," said three-year veteran and training/operations coordinator BU2 Maurice Burnett, from Construction Battalion Unit (CBU) 410.

The program volunteers enjoyed working with the kids, and look forward to next year.

"It was an awesome experience," said YNSA Sabrina Hart from VP-30, her first time at the program. "I will continue to do this next year." Cmdr. Anthony Bradley, prospective executive officer (PXO), has kids in the program, and looks forward to next year.

The program encourages people to spread the word, and they ask Permanent Change of Station (PCS) parents to get their next command involved with DEFY.



Xeny Lopez salutes the flag during morning colors.



DEFY members enjoy class participation during the event.



Members of DEFY learn about fire protection gear from one of the members of NAS Jax Crash and Rescue team.



HM2 Jessy Booth, Camp DEFY corpsman, assists Araelissa Blandin with her life jacket during a Camp Blandin trip.



DEFY Coordinator NCC Tammy Long pencils in some last minute students while OS1 Jesse Johnson looks on.

NAVHOSPJAX NEWS

Medical Service Corps celebrates 54th Birthday



Photo by HM3 Erica Rodriguez

Naval Hospital Jacksonville celebrated the 54th birthday of the Medical Service Corps last week. Pictured in photo, left to right, Lt.j.g. Tim Samuelson and Naval Hospital Jacksonville's Commanding Officer Capt. Ralph Lockhart, the junior and senior Medical Service Corps Officers at the command, participate in a traditional cake cutting, while talented cake-maker MS3 Charon Jenkins looks on. The Medical Service Corps was established Aug. 4, 1947 and has approximately 2,600 officers on active duty from Ensign to Rear Admiral. Medical Service Corps Officers serve in more than 250 Naval and medical commands worldwide offering the best in Navy Medicine.

Naval Hospital Jacksonville Volunteer In The Spotlight

Photo by HM3 Erica Rodriguez

Naval Hospital Jacksonville's Volunteer in the Spotlight is Marie Williams.

Marie's experience with the Navy started with her service on active duty as a Navy Yeoman. Marie married a Navy man and made the transition from active duty Sailor to Navy wife. She has claimed Jacksonville as home for more than 35 years.

Marie's enthusiasm to volunteer began in 1962 at a health care center in Yohohama, Japan.

"When I got out of the Navy, I started volunteering because assisting others has always been a very rewarding part of my life."

Her sense of duty to others, especially military families, has continued for more than 39 years.

In 1966 Marie reported for duty as a volunteer at Naval Hospital Jacksonville and quickly became a valued staff member.

Affectionately known as the "cookie lady," she can be found every Wednesday morning, delivering cookies with a smile to patients at the hospital.

"Sometimes there isn't enough homemade cookies to go around so I have to mix-in store bought ones, Marie explained.

"You would be surprised at how many people can tell the difference between the two."

When not volunteering, Marie enjoys playing bridge with friends, but she says "Nothing can be more satisfying than taking cookies to patients."



Preparing for the PRT?

No doubt about it, it has been hot - just ask AT1 (AW) Peter Woods, a Night Check Production Supervisor at AIMD who was jogging on base last week.

With the beach-like weather that is typical of Florida this time of year comes increased heat related injuries. Individuals that are not climatized to Florida summers are particularly at risk, but everyone must be careful. Outdoor workouts can be done safely by running in the cooler morning and evening hours and drinking enough fluids.

Proper hydration before and after workouts is essential in preventing heat-related injuries and increasing your performance level. Exercise leads to increased heat production in the body. This is dissipated, in part, through the production of sweat. To prevent dehydration, water must be replaced at a faster rate. Dehydration has an adverse effect on muscle strength, endurance, and coordination and increases the risk of cramps, heat exhaustion, and life-threatening heat stroke.

Guidelines for fluid consumption include consuming at least 2 cups (16 to 20 oz) of fluid about 2 hours before exertion, followed by another 2 cups approximately 15 to 20 minutes before endurance exercise. In hot, humid environments like we have here in Florida, frequent small servings (4 to 6 oz every 15 minutes) of plain cool water or other

re-hydration beverage are recommended throughout exertion. Vigorous exercise may delay the thirst mechanism, making it difficult to replace fluid loss without a plan for periodic consumption.

Stay in shape, but do it safely. For more information please contact the Wellness Center, 542-5296.



Photo by: JO2 LeaVonda Battle

Hospital Health Benefits Advisors ready to help

By JO2 LeaVonda Battle

NavHosp Jacksonville Public Affairs

Do you understand your health care benefits? Are you an expert on TRICARE, or are you one of the many people confused by terms like Managed Care, TRICARE co-payment, point of service, Primary Care Manager, deductible, HMO and PPO...?

There are major changes happening this year to the Military health care benefit and there are experienced health care advisors at Naval Hospital Jacksonville who can help with your questions.

Health Benefits Advisors (HBAs) are advocates who are available to assist and support with a multitude of health care needs. The team of counselors at the hospital are trained to answer questions about medical and dental benefits, help families with obtaining specialty care, assist in medical claims processing, help coordinate benefits between TRICARE and other insurers and provide detailed information so patients can make informed choices regarding healthcare options.

"This has been an unusual year because there have been two significant changes for retirees over the age of 65 and there have also been improvements for active duty families," said Zada Glover, Naval Hospital Jacksonville's senior HBA.

"We want to make sure our patients are well informed of these changes so we're hosting education classes to get the word out. Just this week an article in the local newspaper said military retirees will have to sign up for TRICARE For Life. That's not true but I bet many of our retirees are wondering



Maxine Lawrence, a Health Benefits Advisor at Naval Hospital Jacksonville provides a TRICARE information book, "Taking Care of Yourself," to Chief Richard Daege, his wife Michelle and son Ryan. The Daege family is reporting to NAS Jacksonville from Patuxent River, Md.

where to go to sign up"

In order for the hospital's HBA's to ensure they are giving their customers up-to-date information, training is a constant evolution to ensure the information they provide to customers is the most current.

"Our job is to act as a liaison between patients and the health care system," Glover added. "We're basically advocates for the patients - we explain to them what is happening and assist them in getting care."

In the past, when service members, their family, retirees and their family required health care, the closest military treatment facility was automatically the answer. Now families who are deciding

how to obtain health care have more than one option under TRICARE. HBA's must have the skills and experience to assist patients with any medical scenario.

"Helping our patients goes far beyond TRICARE issues, said Marsha Childs, HBA and TRICARE Customer Advocate. "Sometimes when patients come in, they have medical issues that need more than just the 'book' answer.

"Our patients trust our doctors and they appreciate the quality care we provide. Many of the patients even consider the staff as part of their family and would not want medical care from anywhere else," said Childs.

Naval Hospital Jacksonville's HBAs are located on the second floor in the hos-

pital. The office is open Monday, Wednesday and Friday from 7:30 a.m. to 4 p.m. and Tuesdays and Thursdays from 9 a.m. to 4 p.m. HBA's can also be reached by phone by calling 542-9164.

There is also a TRICARE Advocacy Office located at the NAS Jacksonville Navy Exchange/Commissary complex. The phone number is 542-8170.

Another resource for military health care information is the TRICARE Service Center opened Monday through Friday, 8 a.m. to 5:30 p.m., located at 1210 Kingsley Ave., Suite 1, Orange Park. Call toll free 1-800-444-5445.

New military benefits to be briefed at Hospital, Branch Clinics

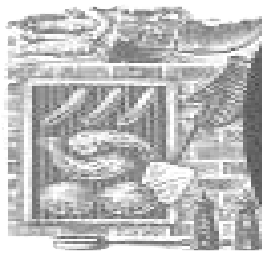
Naval Hospital Jacksonville and Mayport Branch Medical Clinic will each have a briefing Aug. 13, concerning new health care benefits for military retirees over the age of 65, eligible family members and widows. Other infor-

mation provided will include the new pharmacy benefit that began April 1 and the TRICARE-For-Life program.

The hospital's briefing will be at 2 p.m. in the base auditorium, Building 612 on Jason Street. The Naval Station

Mayport briefing will be at 5 p.m., in the Ocean Breeze Conference Center, 243 Baltimore Street.

For more information, call Naval Hospital Jacksonville at 542-9164.



What's Cookin'?



AT THE GALLEY

Meal hours

Monday through Friday
Breakfast 6 to 7:30 a.m.
Lunch 11 a.m. to 1 p.m.
Dinner 4:30 to 6 p.m.

Saturday, Sunday and holidays
Breakfast 6:30 to 8:30 a.m.
Brunch 10:30 a.m. to 12:30 p.m.
Dinner 4 to 5:30 p.m.

Meal costs

Breakfast \$1.50
Brunch/Lunch \$3
Dinner \$3

Note: The Galley Menu is subject to change. The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.

Thursday

Breakfast
 Minced beef w/toast
 Home fried potatoes
 French toast puffs
 Grilled minute steak
 Grits
 Assorted omelets

Lunch

Roast corned beef
 Baked macaroni and cheese
 Hot mustard sauce
 Steamed carrots
 Stuffed flounder
 Steamed cabbage
 Cream of broccoli soup
 Summer squash
 Banana pudding

Dinner

Beef cordon bleu
 Rice pilaf
 Peas w/celery
 Beef gravy
 Herbed chicken

Oven brown potatoes
 Summer squash
 Chicken gravy
 Mulligatawny soup

Friday

Breakfast
 Oven fried bacon
 Hash brown potatoes
 Boiled eggs
 Apple fritters
 Grilled sausage links
 Rolled oats
 Assorted omelets

Lunch

Steak ranchero
 Potatoes au gratin
 Steamed green beans
 Manhattan clam chowder
 Southern fried fish
 Steamed rice
 Calico corn
 Brown gravy

Dinner

Chili conquistador
 Mashed potatoes
 Steamed brussel sprouts
 Bean/bacon soup
 Tomato soup
 Baked chicken
 Chicken gravy
 Steamed carrots
 Steamed egg noodles

Saturday

Breakfast
 Creamed beef
 Home fried potatoes
 Waffles
 Grilled ham slices
 Farina
 Assorted omelets

Brunch

Creamed beef
 Farina
 Spaghetti noodles
 Beef rice soup
 Waffles

Spaghetti w/meat sauce
 Peas and carrots

Dinner

Syrian beef stew
 Paprika potatoes
 Vegetable combo
 Corn chowder
 Roast pork
 Summer squash
 Mushroom gravy
 Steamed egg noodles

Sunday

Breakfast
 Oven fried bacon
 Cottage fried potatoes
 Boiled eggs
 French toast
 Minced beef w/toast
 Cream of Wheat
 Assorted omelets



Brunch

Minced beef w/toast
 Assorted omelets
 Onion rings
 Chicken rice soup
 Brown gravy
 French toast
 Hamburgers
 Mixed vegetables

Dinner

Liver w/onions
 Steamed rice
 Beets in orange-lemon sauce
 Beef vegetable soup
 Baked chicken

Lyonnais potatoes
 Steamed cauliflower

Monday

Breakfast
 Biscuits and sausage gravy
 Home fried potatoes
 Banana pancakes
 Assorted omelets
 Minute steaks
 Grits

Lunch

Yankee pot roast
 Tossed green rice
 Steamed broccoli
 French onion soup
 Tempura fish fillets
 Whipped potatoes
 Glazed carrots
 Natural gravy

Dinner

Chicken tetrazzini
 Steamed rice
 Cauliflower Parmesan
 Brown gravy
 Grilled pork chops
 Mashed sweet potatoes
 Peas w/mushrooms
 Tomato vegetable soup

Tuesday

Breakfast
 Minced beef
 Apple cinnamon oatmeal
 Grilled bacon
 Grilled hash browns

Waffles
 Assorted omelets

Lunch

Beef sukiyaki
 Green beans w/mushrooms
 Chinese fried rice
 Chicken egg drop soup
 Vegetable stir fry
 Chicken adobo
 Steamed rice
 Egg foo young
 Chinese egg rolls
 Strawberry glazed pies

Dinner

Teriyaki steak
 Steamed rice
 Southern style greens
 Baked tuna and noodles
 Baked potatoes
 Brown gravy
 Steamed squash
 Knickerbocker soup

Wednesday

Breakfast
 Grilled bacon
 Cottage fried potatoes
 French toast
 Creamed beef w/toast
 Farina

Lunch

Beef pot pie
 Buttered noodles
 Vegetable stir fry
 Cream of mushroom soup
 Oven fried chicken
 Oven browned potatoes
 Steamed wax beans
 Toasted Parmesan bread

Dinner

Swedish meatballs
 Candied yams
 Steamed corn
 Creole soup
 BBQ ribs
 Mashed potatoes
 Southern style greens



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www.fasolant.navy.mil

MWR NOTES

Bambino's

Call 542-3900 for free on-base delivery. Bambino's is your headquarters for food delivery on base and is running a Wednesday buy one pizza get the second one for half price special after 2 p.m. Delivery ends at 8:30 p.m. However, pick-up of our delicious pizza and subs is available from 8:30-10 p.m. in the Brew House.

Outdoor Pool

Make a splash this season and hold your party or function at the Outdoor Pool Complex. Reservations are first come, first serve. Call 542-3239/2930 and ask for Aquatics to get your desired date. The cost, which includes certified lifeguards, is \$75 for the first 2 hours and \$25 for additional hours.

NAS Jax Ladies Golf Association

Season runs Sept. 4 - May 28, 2002. Opening Coffee is at Mulligan's 19th Hole Aug. 28 at 9 a.m. For information call the Pro Shop 542-3249.

NAS Jax Gym: 542-3239/2930

Water Polo Anyone? - Any interested parties, call or stop by the Base Gym.

Men's Varsity Softball Tryouts - Aug. 14-17, 5-7 p.m. at the McCaffrey Field. Open to all active duty military personnel.

Softball Meetings - Thursday, Aug. 16 at the Quarterdeck Building 590.

11 a.m. - Greybeard (ages 35 and over)
12 p.m. - Intramural (active duty only)
12:30 p.m. - Women's (active duty, dependents over 18 and DoD)

4 p.m. - Open League (active duty, DoD, and dependents over 18) Mulligan's 19th Hole

ITT Trips: 542-3318

Pardon our dust. ITT has temporarily moved next to the NEX Tailor Shop located across the street from the Post Office on Enterprise Ave. We should be back in our newly renovated office mid-November. Stay tuned for our Grand Re-Opening celebration.

Check out the RTV at NAS Jax on Wednesdays! The RTV is a mobile ITT office, stop by the purchase tickets or obtain information. Hospital: 9-10 a.m., VP-30: 10-11 a.m., Base Galley: 11 a.m.-12:30 p.m., Hanger 1000: 1-2:30 p.m., NADep: 2:30-4 p.m.

Spirits of St. Augustine - Get into the spirit Aug. 11. Tour the San Sebastian Winery and taste the spirits, then wander with the spirits on a ghostly walking tour. Lots of excitement for \$9.25.

Blast off with ITT - See Kennedy Space Center with ITT Aug. 12. Pay one price and see it all. Adults are \$30 and children (3-11) are \$22.

ITT is now open at Yellow Water Youth Center. Come by the Center and purchase your discounted tickets to one

of the many choices. We have the same tickets as the NAS Jax office or we can get it within 24 hours. ITT is open Monday-Friday from noon - 6 p.m.

NAS Lanes: 542-3493

Price Strike Down - Now through Aug. 10 - All games only \$9.99 from open until 2 p.m.

Free Bowling - 11 a.m.-1 p.m. Active Duty only

Liberty Events: 542-3491/1335

Coming in August: Look for information on an Atlanta Trip. For suggestions on trips or events that you would like to see at Liberty, please email the Liberty Coordinator at dbuddock@nas-jax.navy.mil.

Pool Party at the Outdoor Pool - Friday, Aug. 10. Free food and drinks and live music. The party begins at 7 p.m.

Free Trip to the Comedy Zone - Tuesday, Aug. 14. The van leaves Liberty Cove Rec Center at 7:30 p.m. Sign-up begins at 3 p.m. the day of the event. Space is limited.

Spades Tournament - Aug. 16. Play begins at 6:30 p.m. Free food at 6 p.m. \$50 prize for first place team.

Skydiving Trip - Aug. 18. Skydive Williston for \$130 per person. Van leaves Liberty Cove at 7 a.m.

Free Movies

Free movies are shown in the Base Theater, Jason Street, every Friday at 7 p.m. and every other Saturday at 5 and 7 p.m. Movies are open to all. Bring your own snacks, no alcohol please and

Do not leave children unattended.

Aug. 10, 7 p.m. - *The Brothers (R)*

Aug. 17, 7 p.m. - *Traffic (R)*

Aug. 18, 5 p.m. - *Saving Silverman (PG-13)*

Aug. 18, 7 p.m. - *Cast Away (PG-13)*

Mulberry Cove Marina: 542-3260

As the weather is getting warmer, the water is looking better and better. Don't forget, before you can rent any of the boats, jet skis, or other watercraft, you need to complete a Boater Safety Course that's free to take. Call for more information.

Free canoe and kayak rentals every Thursday for active duty (on base only).

\$25/hour jet-ski rentals on non-payday weekends, Aug. 11-12 and Aug. 25-26.

* Free jet ski safety course.

Yesterday's Caffè

Take a step back in time to the 50s era with tunes on the jukebox and hand-made milkshakes. The Caffè is located in The Zone on the corner of Jason Street and Saratoga Avenue and is open from 11 a.m. - 2 p.m. Check out our Thursday Special of the Month.

Budweiser Brew House: 542-5009

The Brew House is a full family dining facility located in The Zone on the corner of Jason Street and Saratoga Avenue. The Brew House has two for one special every Tuesday, come on in and see the line up. Enjoy live entertainment starting at 8 p.m. on Fridays.

Check out what's happening with MWR at www.nasjax.navy.mil and click on MWR.

VOLUNTEER OPS

The Beaches Fine Arts Series (BFAS) 15th Annual Fundraiser Triathlon - Aug. 11

This is the raindate for the run. Street Marshals are needed to assist with the series of triathlons that take place at Mayport Naval Station and Hanna Park. Marshals assist in traffic control and assure the safety of the competitors. Other duties critical to the success of this event include assistance with set up; registration; water/food distribution; race timing; takedown and more. Minimum age requirement for volunteers is 13 years. Contact Karen Pre-witt at 221-5911.

City Rescue Mission

'First Coast Golf Challenge 2001' - Aug. 25 and Sept. 1

Help out with a variety of golf tournaments throughout the Jacksonville/St. Augustine area on Saturday, 25 AUG, which will culminate with a finalist tournament at the World Golf Village on Sept. 1. Volunteers are

needed in shifts from 8 a.m. - noon and noon - 5 p.m. on Aug. 25 to staff information booths and measure/record closest to the pin tee shots on various area courses. Eight to 10 volunteers are also needed from 8 a.m. - 5 p.m. on Sept. 1 for tournament set-up at the World Golf Village, crowd control and to staff information booths. All volunteers will receive an event golf shirt and must dress appropriately. There will be an event orientation meeting on Thursday, Aug. 23 where volunteers will receive shirts and handouts with all pertinent details. Contact George Bass at 387-4357 or Pam Coogan at 287-0218. Leave your name and phone number.

City Rescue Mission

'First Coast Golf Challenge 2001' - Aug. 18, 25 and Sept. 1

Help out with a variety of golf tournaments throughout the Jacksonville/St. Augustine area on Saturdays, Aug. 18 and 25, which will culminate with a finalist tournament at the

World Golf Village on Sept. 1. Volunteers are needed in shifts from 8 a.m. - noon and noon - 5 p.m. on Aug. 18 and 25 to staff information booths and measure/record closest to the pin shots on various area courses. Volunteers are also needed from 8 a.m. - 5 p.m. on Sept. 1 for tournament set-up, crowd control and to staff information booths. There will be a volunteer orientation meeting Aug. 16 and handouts with all pertinent details. Contact George Bass at 387-4357.

Camp Healing Powers

Children's Bereavement Camp - Sept. 14-16

Help out with this camp for children between the ages of 10-16 who have suffered a loss through the deaths of a family member or friend. You can help by volunteering to be a cabin leader; camp assistant; registration staffer or greeter; and there are various camp activities to assist with such as face painting; and arts and crafts. Cabin leaders have to stay the whole weekend. Other positions are more flexible. Training is required on Saturday, Aug. 25 from 10 a.m. to 2 p.m. Lunch will be provided. Minimum age requirement is 21 years.

Contact Community Hospice, Mary

DaCorta at 268-5200, ext. 6304.

International Coastal Clean Up! - Sept. 15

Help clean up the trash along our community's shores and riverbanks during this day of international effort. Yes, while you are assisting clean-up efforts here on the First Coast - there will be thousands of

others doing the same across the world. Help make Jacksonville a better place to live. Minimum age requirement is 18 years, if accompanied by an adult. Groups welcome! To sign up contact the City of Jacksonville, Sue Bisesi or Robyn Cenizal at 630-1020.

Ronald McDonald House

"Carry the Key" 5K Run - Sept. 29

Support this event by volunteering in many capacities. Prior to the event volunteers are wanted to assemble goodie bags for the race participants. Event day duties include: race registration; passing out refreshment; and staffing of after-run festival activities such as face painting; set up/clean up; managing merchandise table, etc. Minimum age requirement without adult is 14 years. To sign up call Lisa McCarthy at 798-2950.

JAX SPORTS

Intramural Flag Football League forming

The Intramural Flag Football League is open to all NAS Jax active duty personnel. Evening games will feature seven-player teams. Commands wanting to join must visit the base gymnasium. The preseason begins the week of Aug. 13.

Intramural Fall Volleyball League forming

The Intramural Fall Volleyball League is open to all NAS Jax active duty personnel. Games will be Mondays, Wednesdays and Fridays at 11:15 a.m. and noon starting Aug. 27. Visit the base gymnasium to register.

Men's Varsity Softball tryouts

Tryouts for the Men's Varsity Softball Team are open to all NAS Jax active duty men and will be conducted by Kevin Barrow, Men's Varsity Softball Team Coach, at the McCaffrey Softball Complex Aug. 14 - 17 from 5-7 p.m. The team represents NAS Jax in military and community tournaments throughout the southeast region. Call NAS Jax Athletic Department for more information and to sign up.

Intramural Softball meeting

The Intramural Fall Softball League is open to all NAS Jax active duty commands and personnel. The meeting will be held in the Quarterdeck Conference Room (Building 590) Aug. 23 at noon. The season is scheduled to begin Sept. 11. Games will be Tuesdays and Thursdays at 5:30 and 6:45 p.m. Interested personnel should attend to discuss rules and to register.

Women's Fall Softball meeting Aug. 23

The Women's Fall Softball League is open to all NAS Jax active duty, military family members over 18, retirees, and DoD civilians. The meeting will be

in the Quarterdeck Conference Room (Bldg. 590) at 11:30 a.m. Play begins Sept. 11 with games on Tuesdays and Thursdays at 8 p.m. Interested personnel are invited.

Open Fall Softball meeting Aug. 23

The Open Fall Softball League is open to all NAS Jax active duty, military family members over 18, retirees, and DoD civilians. The meeting will be held at Mulligans at 4 p.m. The season begins Sept. 11. Games will be Tuesdays and Thursdays at 4:15 p.m. Interested personnel are invited.

Men's Varsity Flag Football coach wanted

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who would like to coach the men's varsity flag football team. This team represents NAS Jax in military and community tournaments in the southeast region. Interested personnel should contact the NAS Jax Athletic Department.

Women's Varsity Softball coach wanted

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who wants to coach the women's varsity flag football team. This team represents NAS Jax in military and community tournaments in the southeast region and plays in a Jacksonville league. Contact the NAS Jax Athletic Department.

Water polo players wanted

The NAS Jax Athletic and Aquatic Department are looking for active duty personnel who would like to play water polo. This is a new program and all interested personnel should contact the NAS Jax Athletic Department to sign up.

Men's varsity basketball coach wanted

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who would like to coach the Men's Varsity Basketball Team. This team represents NAS Jax in military and community tournaments in the southeast region. Interested personnel should contact the NAS Jax Athletic Department.

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil/mwr.

Public invited

Lunch league championship approaching



During the heat of the noon day sun, athletes have converged on the sand volleyball courts near the NAS Jacksonville Marina twice a week for 3 on 3 sand volleyball.

Bill Bonser, Sports Coordinator with MWR, has seen a league of 13 teams block, dig, set and spike since mid-June. Seven teams are now in the running for the league title:

- ASTC
- ComSeaConWingLant
- ComPatWingEleven
- SERCC (two teams)
- VR-58
- VS-31

The teams meet in semi-final play Aug. 14 starting at 11:15 a.m.

The top three teams will compete for the league title Aug. 16 at 11:15 a.m.



Sailors Aweigh Program back for Jaguars tickets

The 2001 Sailors Aweigh Program is a Commander, Navy Region Southeast initiative in conjunction with the Jacksonville Jaguars Foundation to give family members of deployed Sailors an chance to go to the Jaguar games at virtually no cost to them. The foundation is providing up to 130 tickets for each daytime home game, and 50 to the Dec. 3 Packers evening game as a reward for

staff and volunteers. The program is for children, ages 7-16, who have a parent or legal guardian deployed. Participants will be asked to abstain from alcohol, tobacco, and illegal drugs. Transportation will be provided. This will be a team effort by all adult parent/volunteers. Volunteer drivers are needed.

Contact your Command Master Chief.

Cycle tour will fight MS



By JO2 (SCW) Eric T. Clay

Staff writer

To raise funds for Multiple Sclerosis (MS) research, the Professional Golfers' Association is sponsoring a 150-mile bike tour Sept. 29 and 30.

The tour begins at the World Golf Village in St. Augustine and ends at Adventure Landing in Daytona.

Registration at the World Golf Village is 7 a.m.

The first leg begins at 8 a.m. There will be fully stocked rest areas every 10-12 miles along the route.

After arriving in Daytona, there will be a party to celebrate the ride. At the celebration party riders can enjoy swimming, ride go-carts and play miniature golf.

The second leg of the tour begins after riders wake up to a pancake breakfast. They get back on the road again to enjoy the scenic coastline, until arrive at the World Golf Village. Once there, you can enjoy a victory lunch and an afternoon full of fun.

Register on line at <http://www.msnorthfl.org/ms150.html> or by calling 1-800-FIGHTMS. Registration is \$30 and a minimum pledge of \$150 are required.

Riders will receive a packet with details about the tour route and program along with tour t-shirts, safety gear and support along the way.

Teams of four or more riders can also join the tour by indicating so when registering. Teams will receive photos, recognition in newsletters and awards for top fund-raisers.

Awards will also be given to people raising \$150. Prizes include gift certificates and commemorative clothing.

Participants raising \$3,500 will become a member of the Tour of Champions and can ride in another MS Bike Tour in a different part of the country.

By raising \$20,000 or more riders will be on their way to the RTA Big Ride in Australia.

Non-riders may also volunteer. The bike tour needs volunteers for registration, rest stops, safety, support, recruiting riders and building teams.

All-Navy Basketball Tryout Camp

Take an opportunity to be invited to
Training Camp
To represent the U.S. Navy
at the All-Military Championships.

All Players with college level experience or advanced skills are encouraged to attend.

EFFORT - DEFENSE - REBOUNDING - EXECUTION

Aug. 25 - Aug. 26

8 a.m. - 4 p.m. 8 a.m. - 4 p.m.

Players must be available for both days of tryout camp.

For more information:

Contact Bill Bonser, NAS Jax Sports Coordinator

(DSN 942-3239/904-542-3339) or

Head Coach CJ Mitchell

(DSN 522-1882/619-522-1882)/(Email sixmitch@aol.com)

Together, we can achieve even more

STANDINGS

Intramural Golf Freedom League

Teams	Wins	Losses	Ties
CPRW-11	5	0	0
AIMD A	4	1	0
SERCC 1	3	1	0
VR-58	3	1	0
VP-45 A	3	2	0
NAMTra Blue	3	2	0
FACSFac I	3	2	0
NavHosp	3	2	0
FASO	2	2	0
HS-15	2	2	0
HS-75	2	3	0
NCTS	1	3	0
VS-30	1	4	0
VP-45 Os	0	4	0
CV-TSC	0	5	0

Intramural Golf Liberty League

Teams	Wins	Losses	Ties
VP-30	5	0	0
Navy Band	5	0	0

NAVAIRES	4	1	0
AIMD B	4	1	0
GEMD	3	1	0
VP-45 B	3	2	0
2NDBN351	3	2	0
Blount Island	2	2	0
BMC	2	2	0
NAMTra Gold	1	4	0
SERCC 2	1	4	0
CSCWL	1	4	0
FACSFac II	0	3	1
NAMTra Chiefs	0	4	1
HCSO	0	4	0

Sand Volleyball Final Standings

Teams	Wins	Losses
CSCWL	9	1
HS-11	5	1
VS-31	5	1
VR-58	9	2
ASTC	4	5
CPRW-11	4	5
SERCC (2)	4	5
SERCC (1)	3	6
VS-32 E'S	2	5